



Reducing Test Anxiety

- Approach the test with an "I CAN" attitude.
- Continually remind yourself that you are prepared for the exam, that you studied well, and that you know the material.
- Attend any reviews sessions and find out exactly what the test will cover.
- Know the grade value the test holds.
- Ask the professor what types of questions will be on the test and the type of format you can expect.
- Ask the professor for a study sheet. (It never hurts to ask.)
- Go to bed early the night before. Avoid the all-nighter!
- Try to eat a healthy meal before the test.
- Arrive at least 15 minutes early for the test. Use this time to sit back, relax, and clear your mind so you won't become nervous.
- Listen to the professor before the test begins. You may hear helpful hints!
- If allowed, chew gum or hard candy during the test. This will help you relax.
- Arrive for the test totally prepared—blue book, extra pens or pencils, calculator, and so on.
- Keep an eye on the clock. ALWAYS be aware of the time you have remaining.
- Jot down any additional information, definitions, etc, on the test so you can refer to them when necessary.
- Answer what you know first. These are the questions that are easiest for you and will take the least amount of time to answer.
- Check your answers, but remember that your first response is usually correct.
- NEVER LOOK AT ANOTHER STUDENT'S TEST OR LET ANYONE ELSE SEE YOUR TEST.